



DISABILITY  
EMPOWHER  
NETWORK

# EMPOWHER CAMP



## **EMPOWERING YOUNG WOMEN WITH DISABILITIES THROUGH TRANSFORMATIONAL LEARNING EXPERIENCES.**

Each year 10 disabled young women are invited to the Adirondacks for one week to have fun, connect with other disabled girls, meet mentors, and learn about disaster preparedness, all while developing leadership skills. Girls will be invited to D.C. the next summer for an exciting reunion trip to reconnect with friends and explore how they have grown as leaders. During the year between the camp trip and the reunion trip, girls work on a yearlong local project involving inclusive disaster strategies and check in with their mentor monthly. Mentors help the girls with the project, school, and disability issues, while empowering the girls to achieve their goals and continue setting bigger goals for the future.

Learn more and nominate a girl for EmpowHer Camp at  
<https://www.disabilityempowhernetwork.org/empowhercamp>

We love to talk! Email your questions to our director at  
[Stephanie@disabilityempowhernetwork.org](mailto:Stephanie@disabilityempowhernetwork.org)

## **MOTIVATION**

Women with disabilities experience the highest rate of unemployment of men and women with and without disabilities.

We can change that by motivating girls with disabilities to succeed!

## **SURVIVAL SKILLS**

Women with disabilities are 2 to 4 times more likely to die or sustain a critical injury during a disaster than people without disabilities.

We can change that by teaching young women with disabilities about disaster preparedness and basic survival skills!

## **MENTORSHIP**

Research shows that disabled girls often do not have disabled adult role models to be positive influences in their lives & that there is a greater need for girls with disabilities to have such role models because there is less visibility of successful disabled women in our culture.

We can change that by having successful disabled women camp with the disabled girls and be paired together for a 12 month mentoring relationship. Mentors will check in with the young women to talk about projects, school, life, and more.

Disability EmpowHer Network is led by Stephanie Woodward, a Disability Rights attorney and activist, and Leah Smith, an advocate and PR specialist in the Disability Community. Both women have extensive experience in mentoring and leading successful national projects.

Disability EmpowHer Network hosts our camp at John Dillon Park, a fully accessible wilderness facility located in the beautiful Adirondacks. The girls have fun, sleep in lean-tos, learn to build fires, and explore nature all while making lifelong friends and connecting with mentors who will support them.



Through EmpowHer Camp, girls will connect with mentors and other girls with disabilities, have fun, learn basic survival skills, practice leadership, increase their independence and become more confident.



[DisabilityEmpowHerNetwork.org](http://DisabilityEmpowHerNetwork.org)

## DISABILITY EMPOWHER NETWORK OFFERS YOUNG DISABLED WOMEN:

**01**

Development of independence, leadership, and survival skills.

**02**

Year-long mentoring relationship with successful disabled women.

**03**

Opportunities for civic engagement and meeting with national leaders!

**04**

Life long friendships and support network for future success!

